

## Base run

Time: 15 minutes

### Activity

#### Group

- Two players try to stop a third player from reaching a base at either end of a playing area.
- Start with one ball between the two defenders on opposite bases. The base runner (without the ball), starts on the base next to the defender without the ball.
- Defenders can change position but cannot run without the ball.
- Defenders pass the ball to one another, aiming to tag the attacker with the ball (they cannot throw the ball at the attacker).
- The base runner attempts to run between the bases without being tagged.
- If the base runner reaches one of the bases without being tagged, one of the defenders becomes the new base runner.
- Rotate so each player has a chance to be the base runner.

#### Scoring

- One point for each time a base runner reaches the base without being tagged.
- Give the base runner a time frame (e.g. 60 seconds).
- Defenders get one point for each time they tag the base runner.

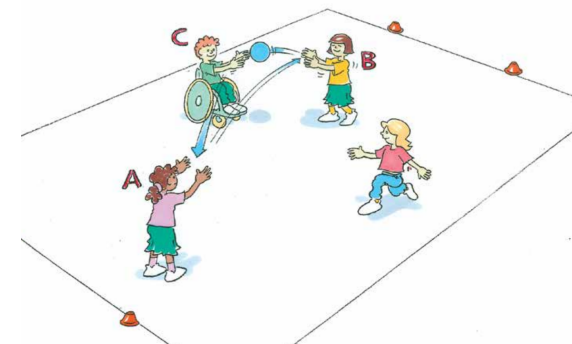


### Equipment

- Playing area with cones at either end (about 10 metres apart) to indicate the base for attackers.
- Ball / object for passing such as a basketball, soccer ball, netball, cushion, teddy bear, soft toy.
- Marking cones (could use shoes, cushions, cups, or tea towels).

### Activity variations

- Play without bases using a set area. The runner moves around the square and defenders must pass the ball until the tag is made.
- Make the area smaller/bigger.
- Rotate so each player has a chance to be the base runner – swap after a set time or a set score.
- The base runner has to hop on one leg or kangaroo hop instead of run between bases.



## Continuous Tennis

Time: 20 minutes

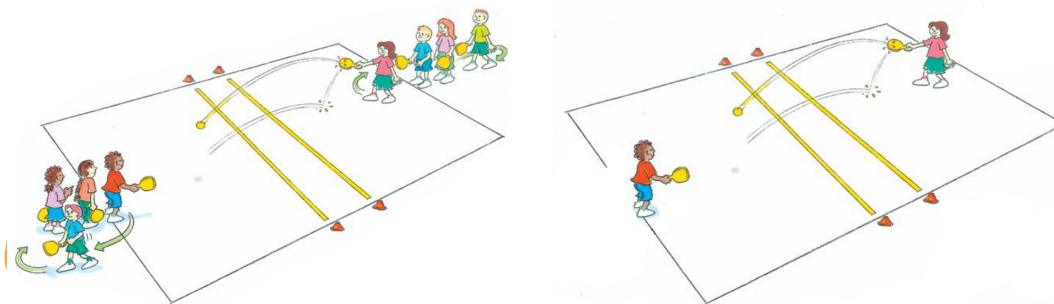
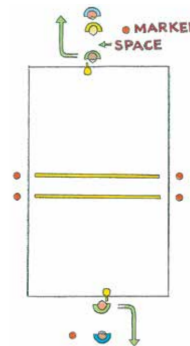
### Activity

#### Partner/group

- Players in small groups hit a ball over an obstacle and run to the back of the line, making way for the next player to receive a ball and hit it.
- Start with underarm hits.
- After the first ball is hit, the player moves to the right and then to the back of the line.

### Safety

- Ensure adequate space for the number of players.
- Hitting players peel off to the right and team-mate stands behind.



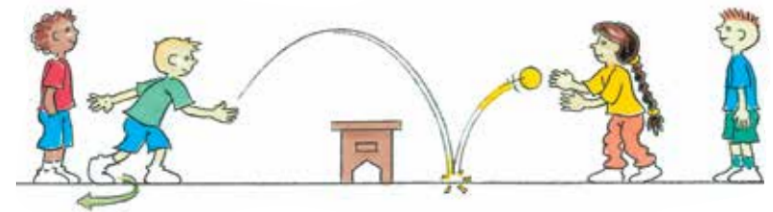
### Equipment

- Various objects for the net, such as:
  - rope, chalk or tape
  - bench seat or low table.
- Various objects for bat and ball, such as:
  - tennis ball or rubber handball
  - volleyball or beach-ball
  - tennis racket or paddle bat
  - table tennis racket or hand.



### Activity variations

- Throwing, rolling or kicking – provide an alternative for less skilled players or as a warm-up (use a larger ball).
- 2 bounces allowed – for less experienced players.



## Pepper

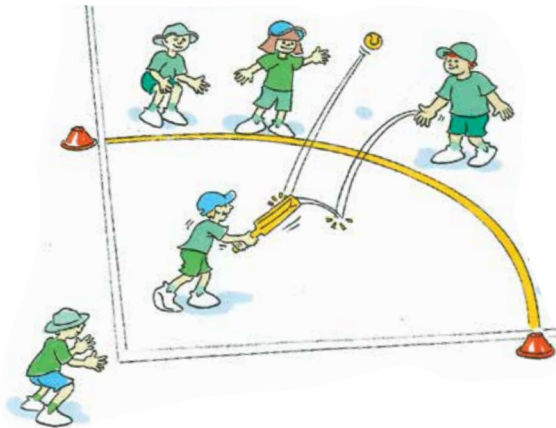
### Activity

#### Partner/group

- One batter and dispersed players. Whoever fields the ball pitches, throws or bowls the ball immediately to the batter.
- Establish a fielder-free area in front of the batter.
- Start with a one-bounce delivery and advance to a no-bounce delivery.
- After a pre-determined number of hits, the batter changes place with one of the fielders.

#### Safety

- Ensure adequate space for the number of players.
- Choose a ball to suit the ability of the players.



Time: 20 minutes

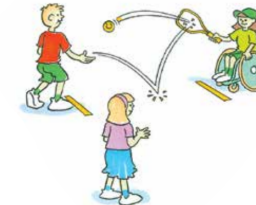
### Equipment

- Various objects for the bat, such as:
  - cricket bat
  - tennis racket
  - rolled up newspaper.
- Various objects for ball, such as:
  - socks rolled up (easier)
  - rubber handball
  - tennis ball (harder).



### Activity variations

- Receive, bounce and return – what else can you do with the ball before returning it?
- Other – type of ball, type of throw, speed of throw or size of fielder-free area.
- Challenge students to hit to anyone or in gaps between players for classic catches!



# Week 6 - Package 4 - K - Year 6

## Physical activity - GetActive@Home

### Things your child will need

Have these things available so your child can complete this task.

#### Ideal

##### Kindergarten - Year 2 episodes

- [GetActive@Home Kindergarten - Year 2 episode 5 - Bouncing and dribbling](#)
- [GetActive@Home Kindergarten - Year 2 episode 6 - Throwing](#)

##### Year 3 - 6 episodes

- [GetActive@Home Years 3 - 6 episode 5 - Bouncing and dribbling](#)
- [GetActive@Home Years 3 - 6 episode 6 - Throwing](#)

#### Other resources

- [Activity logbook](#)
- [Tracking card](#)
- Specific equipment for each episode is described at the beginning of each lesson video. They are typical items found around the home.

#### Back up

The PDF episode guides can be downloaded, printed or viewed online and act as a summary of the activities in each episode.

##### Kindergarten - Year 2

- [Episode guide K - 2 episode 5](#) - Bouncing and dribbling
- [Episode guide K - 2 episode 6](#) - Throwing

## Year 3 - 6

- [Episode guide Year 3 - 6 episode 5](#) - Bouncing and dribbling
- [Episode guide Year 3 - 6 episode 6](#) - Throwing

## Before your child starts

- Make sure your child has everything ready that they will need at the start of the lesson.
- This is explained at the start of each episode or can be found in the episode guides.
- Check that the videos are working and that the volume is turned up for the video lessons. If they cannot access the videos they can follow the activities on the episode guides.
- Make sure your child has suitable shoes on and that the environment is open and free from obstacles (2 big steps in every direction is enough space).
- If your child has already learnt these skills, this will be a good chance to practise and strengthen this learning.

## What your child needs to do

Your child should watch the GetActive@Home videos, which will be released each week, and participate in the activities on the screen. The supporting episode guides are an alternative to the video, and provide an overview of each episode.

In these lessons your child will be learning a range of movement skills in an active way by following along with the presenters. They will learn the important elements that lead to success and will have an opportunity to learn the skills in a sequence. This means the skills will start easy and slowly get harder as the lesson goes on. They will be encouraged to practise these skills through a range of challenges.

## Kindergarten - Year 2 episodes

- [GetActive@Home Kindergarten - Year 2 episode 5 - Bouncing and dribbling](#)
- [GetActive@Home Kindergarten - Year 2 episode 6 - Throwing](#)

## Year 3 - 6 episodes

- [GetActive@Home Years 3 - 6 episode 5 - Bouncing and dribbling](#)
- [GetActive@Home Years 3 - 6 episode 6 - Throwing](#)

Check that your child is completing the activity as directed. Check that they are following the key instructions emphasised by the presenter. It is not important that they perform the skills perfectly or that they achieve success in every attempt. You can use the teaching cues from the activity cards to guide them such as “make a nest” to reinforce the main points. You can ask your child the questions from the activity cards such as “what can you do to make catching easier?”. You might like to join in with the activities too and model the skills as the presenters do.

## What your child can do next

- More episodes are released throughout the week so you can find the next episode at the [GetActive@Home website](#).
- Remember to fill in your activity log book and tracking card to keep your child motivated and monitor their progress of being physically active.
- You may decide to rewatch parts of the episode that your child enjoyed or pause the video as you watch to spend more time practising the activities. This can also continue after the lesson, in other locations such as a local park, if safe to do so.
- Now that your child is familiar with some of the activities, you could use episode guides to practise some of the skills throughout the week.

## Options for your child

### Activity too hard?

- You can slow down the learning by pausing and providing more time to practise.
- You can focus on the key instructions such as ‘make a nest’ or ‘use your laser eyes’.
- Using a bigger ball or object will make most activities easier.

### Activity too easy?

- The lessons progress from easy to harder skills so you can move to the end of the video for the challenging activities.
- Using a smaller object in most activities will increase the difficulty.
- Try using the non-dominant hand or foot.

## Extension/Additional activity

- Set a personal record and then try to beat that record for an activity.
- Access the range of activities on the [GetActive@Home website](#) for ideas of other challenging games.